WHAT IS CLAIMED IS:

- 1. A heel and sole assembly, comprising:
- a sole, on a surface of which is provided with a locating hole;
- a heel having a top surface, on the top surface formed with a locating groove which corresponds to the locating hole of the sole;
 - a connecting sheet, a bottom of which is provided with an engaging column, the engaging column traveling through the locating hole of the sole and then inserting in the locating groove of the heel.
 - 2. The heel and sole assembly as claimed in claim 1, wherein on the top surface of the heel is formed with a sidewall which defines a locating groove, the sidewall of the heel is inserted in the locating hole of the sole.

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- 3. The heel and sole assembly as claimed in claim 1, wherein the engaging column of the connecting sheet is additionally provided with tenon holes, on the bottom of the locating groove of the heel is correspondingly provided with tenons.
- 4. The heel and sole assembly as claimed in claim 1, wherein a shallow recess is formed at rear end of the top surface of the sole, such that a bottom surface of the connecting sheet is allowed to abut against the bottom of the recess of the sole.
- 5. The heel and sole assembly as claimed in claim 1, wherein the top surface of the heel abuts against the lower surface of the sole.